



Test Report : Food Groups

Patient Name: Hilton Alexander Sinton
Patient Number: CU0208
Date of Birth: 16/01/2008

Sample Date: 03/07/2019
Analysis Date: 23/07/2019
Clinic: Self

ELEVATED (≥ 30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤ 23 U/ml)

DAIRY / EGG

0	Alpha-Lactalbumin	120	Egg White *	77	Milk (Cow)
3	Beta-Lactoglobulin	16	Egg Yolk	30	Milk (Goat)
66	Casein	0	Milk (Buffalo)	44	Milk (Sheep)

GRAINS (Gluten-Containing)*

44	Barley	6	Malt	35	Wheat
21	Couscous	11	Oat	25	Wheat Bran
18	Durum Wheat	16	Rye		
65	Gliadin*	37	Spelt		

GRAINS (Gluten-Free)

7	Amaranth	2	Millet	0	Tapioca
1	Buckwheat	4	Polenta		
15	Corn (Maize)	15	Rice		

FRUIT

0	Apple	15	Guava	1	Pear
4	Apricot	0	Kiwi	3	Pineapple
4	Avocado	9	Lemon	0	Plum
0	Banana	3	Lime	14	Pomegranate
0	Blackberry	0	Lychee	2	Raisin
0	Blackcurrant	2	Mango	7	Raspberry
0	Blueberry	0	Melon (Galia/Honeydew)	0	Redcurrant
0	Cherry	0	Mulberry	4	Rhubarb
3	Cranberry	11	Nectarine	0	Strawberry
1	Date	0	Olive	5	Tangerine
0	Fig	5	Orange	2	Watermelon
4	Grape (Black/Red/White)	1	Papaya		
0	Grapefruit	6	Peach		

VEGETABLES

1	Artichoke	0	Cauliflower	8	Potato
0	Asparagus	6	Celery	0	Quinoa
0	Aubergine	0	Chard	7	Radish
11	Bean (Broad)	3	Chickpea	0	Rocket
0	Bean (Green)	0	Chicory	7	Shallot
30	Bean (Red Kidney)	0	Cucumber	10	Soya Bean
25	Bean (White Haricot)	0	Fennel (Leaf)	2	Spinach
0	Beetroot	3	Leek	13	Squash (Butternut/Carnival)
8	Broccoli	8	Lentil	2	Sweet Potato
5	Brussel Sprout	0	Lettuce	0	Tomato
0	Cabbage (Red)	0	Marrow	0	Turnip
12	Cabbage (Savoy/White)	3	Onion	0	Watercress
0	Caper	29	Pea	4	Yuca
0	Carrot	4	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

15	Alga Espaguette	0	Haddock	3	Sardine
0	Alga Spirulina	0	Hake	1	Scallop
4	Alga Wakame	3	Herring	0	Sea Bream (Gilthead)
0	Anchovy	1	Lobster	5	Sea Bream (Red)
2	Barnacle	6	Mackerel	2	Shrimp/Prawn
4	Bass	8	Monkfish	28	Sole
0	Carp	7	Mussel	4	Squid
0	Caviar	12	Octopus	3	Swordfish
3	Clam	0	Oyster	2	Trout
1	Cockle	0	Perch	5	Tuna
1	Cod	7	Pike	0	Turbot
0	Crab	44	Plaice	8	Winkle
11	Cuttlefish	0	Razor Clam		
0	Eel	3	Salmon		

MEAT

0	Beef	0	Ostrich	2	Turkey
3	Chicken	4	Ox	0	Veal
0	Duck	0	Partridge	1	Venison
0	Goat	0	Pork	0	Wild Boar
0	Horse	0	Quail		
0	Lamb	7	Rabbit		

HERBS / SPICES

0	Aniseed	0	Dill	9	Nutmeg
2	Basil	0	Garlic	0	Parsley
2	Bayleaf	10	Ginger	0	Peppercorn (Black/White)
0	Camomile	18	Ginkgo	5	Peppermint
0	Cayenne	0	Ginseng	3	Rosemary
0	Chilli (Red)	5	Hops	1	Saffron
12	Cinnamon	0	Liquorice	2	Sage
0	Clove	0	Marjoram	3	Tarragon
0	Coriander (Leaf)	0	Mint	0	Thyme
0	Cumin	60	Mustard Seed	0	Vanilla
17	Curry (Mixed Spices)	0	Nettle		

NUTS / SEEDS

22	Almond	15	Hazelnut	12	Rapeseed
17	Brazil Nut	0	Macadamia Nut	0	Sesame Seed
12	Cashew Nut	23	Peanut	23	Sunflower Seed
0	Coconut	3	Pine Nut	6	Tiger Nut
4	Flax Seed	31	Pistachio	6	Walnut

MISCELLANEOUS

16	Agar Agar	0	Cocoa Bean	3	Tea (Black)
5	Aloe Vera	0	Coffee	0	Tea (Green)
4	Cane Sugar	16	Cola Nut	0	Transglutaminase
0	Carob	15	Honey	3	Yeast (Baker's)
1	Chestnut	17	Mushroom	11	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Test Report : Order of Reactivity

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ELEVATED FOODS (≥30 U/ml)

120	Egg White	44	Barley	31	Pistachio
77	Milk (Cow)	44	Milk (Sheep)	30	Bean (Red Kidney)
66	Casein	44	Plaice	30	Milk (Goat)
65	Gliadin*	37	Spelt		
60	Mustard Seed	35	Wheat		

BORDERLINE FOODS (24-29 U/ml)

29	Pea	25	Bean (White Haricot)
28	Sole	25	Wheat Bran

NORMAL FOODS (≤23 U/ml)

23	Peanut	11	Oat	5	Sea Bream (Red)
23	Sunflower Seed	11	Yeast (Brewer's)	5	Tangerine
22	Almond	10	Ginger	5	Tuna
21	Couscous	10	Soya Bean	4	Alga Wakame
18	Durum Wheat	9	Lemon	4	Apricot
18	Ginkgo	9	Nutmeg	4	Avocado
17	Brazil Nut	8	Broccoli	4	Bass
17	Curry (Mixed Spices)	8	Lentil	4	Cane Sugar
17	Mushroom	8	Monkfish	4	Flax Seed
16	Agar Agar	8	Potato	4	Grape (Black/Red/White)
16	Cola Nut	8	Winkle	4	Ox
16	Egg Yolk	7	Amaranth	4	Pepper (Green/Red/Yellow)
16	Rye	7	Mussel	4	Polenta
15	Alga Espaguette	7	Pike	4	Rhubarb
15	Corn (Maize)	7	Rabbit	4	Squid
15	Guava	7	Radish	4	Yuca
15	Hazelnut	7	Raspberry	3	Beta-Lactoglobulin
15	Honey	7	Shallot	3	Chicken
15	Rice	6	Celery	3	Chickpea
14	Pomegranate	6	Mackerel	3	Clam
13	Squash (Butternut/Carnival)	6	Malt	3	Cranberry
12	Cabbage (Savoy/White)	6	Peach	3	Herring
12	Cashew Nut	6	Tiger Nut	3	Leek
12	Cinnamon	6	Walnut	3	Lime
12	Octopus	5	Aloe Vera	3	Onion
12	Rapeseed	5	Brussel Sprout	3	Pine Nut
11	Bean (Broad)	5	Hops	3	Pineapple
11	Cuttlefish	5	Orange	3	Rosemary
11	Nectarine	5	Peppermint	3	Salmon

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NORMAL FOODS ...continued

3	Sardine	0	Beetroot	0	Liquorice
3	Swordfish	0	Blackberry	0	Lychee
3	Tarragon	0	Blackcurrant	0	Macadamia Nut
3	Tea (Black)	0	Blueberry	0	Marjoram
3	Yeast (Baker's)	0	Cabbage (Red)	0	Marrow
2	Barnacle	0	Camomile	0	Melon (Galia/Honeydew)
2	Basil	0	Caper	0	Milk (Buffalo)
2	Bayleaf	0	Carob	0	Mint
2	Mango	0	Carp	0	Mulberry
2	Millet	0	Carrot	0	Nettle
2	Raisin	0	Cauliflower	0	Olive
2	Sage	0	Caviar	0	Ostrich
2	Shrimp/Prawn	0	Cayenne	0	Oyster
2	Spinach	0	Chard	0	Parsley
2	Sweet Potato	0	Cherry	0	Partridge
2	Trout	0	Chicory	0	Peppercorn (Black/White)
2	Turkey	0	Chilli (Red)	0	Perch
2	Watermelon	0	Clove	0	Plum
1	Artichoke	0	Cocoa Bean	0	Pork
1	Buckwheat	0	Coconut	0	Quail
1	Chestnut	0	Coffee	0	Quinoa
1	Cockle	0	Coriander (Leaf)	0	Razor Clam
1	Cod	0	Crab	0	Redcurrant
1	Date	0	Cucumber	0	Rocket
1	Lobster	0	Cumin	0	Sea Bream (Gilthead)
1	Papaya	0	Dill	0	Sesame Seed
1	Pear	0	Duck	0	Strawberry
1	Saffron	0	Eel	0	Tapioca
1	Scallop	0	Fennel (Leaf)	0	Tea (Green)
1	Venison	0	Fig	0	Thyme
0	Alga Spirulina	0	Garlic	0	Tomato
0	Alpha-Lactalbumin	0	Ginseng	0	Transglutaminase
0	Anchovy	0	Goat	0	Turbot
0	Aniseed	0	Grapefruit	0	Turnip
0	Apple	0	Haddock	0	Vanilla
0	Asparagus	0	Hake	0	Veal
0	Aubergine	0	Horse	0	Watercress
0	Banana	0	Kiwi	0	Wild Boar
0	Bean (Green)	0	Lamb		
0	Beef	0	Lettuce		

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